



After Your Cardiac Catheterization Test

□ Arterial Closure

- Manual hemostasis (no closure device)
 - *Angioseal* vascular closure device
 - *Perclose* suture-mediated closure device
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Activity limitations

General

Minimize physical activity for the first 2 days following your procedure. Avoid lifting objects heavier than 10 pounds for 3 days.

Exercise

You may resume moderate activities 5 days after cardiac catheterization.

Do not push yourself to the point of fatigue, shortness of breath, or chest pain.

Bathing

You may shower 24 hours after your procedure. Remove the bandage before showering. Gently clean the site daily using soap and water. Dry thoroughly. Avoid tub baths, hot tubs, or swimming for 5 days or until the wound is completely healed.

Driving

Do not drive automobiles or operate heavy machinery for 24 hours.

Sexual activity

Resume after 2 to 3 days.

What to expect after your procedure

- Soreness or tenderness that may last up to one week
- Mild oozing from the incision
- Bruising in the area around the puncture site
- A lump the size of a small marble which may last up to 6 weeks

When to seek help:

- Chest pain or discomfort that is unrelieved by sublingual Nitroglycerin
- Active bleeding from the puncture site
Immediately apply firm pressure to the site, call 911, and lie down until help arrives.
- Fever, chills, or drainage of pus from the puncture site
- Increased swelling and pain in the groin area; numbness, tingling, burning, or a cold sensation in the extremity where the catheters were inserted

Problems?

Contact the staff below if you have questions or problems.

NIH Nursing Unit 5 Southeast South (301-496-1009)

Staff can answer your questions 24 hours a day.

Laurie Grant, RN

office: **301-496-0971**

email: **grantlp@nhlbi.nih.gov**

In emergencies, contact Ms. Grant through the NIH Operator **301-496-1211**.

Dr. Robert Lederman

office: **301-402-6769**

email: **ledermar@nhlbi.nih.gov**

In emergencies, contact Dr. Lederman through the NIH Operator **301-496-1211**.

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